

LifeSpan

Resources and Services for Seniors

Chartiers Resource Center

300 Lincoln Avenue :

Carnegie, PA 15106

Regional Manager:

Claudette Biers

cbiers@lifespampa.org

Hours of Operation:

Monday-Friday 8am to 4pm

Phone Number:

412-276-5056

Website Address:

www.lifespampa.org

SEPTEMBER DANCE AT IMPERIAL LIFESPAN

SEPTEMBER 20TH 6PM TO 9PM

COST \$7 MUSIC BY DJ ED

SNACKS, DESSERTS, PUNCH,

RAFFLE AND 50/50



CLOSED SEPTEMBER 2ND

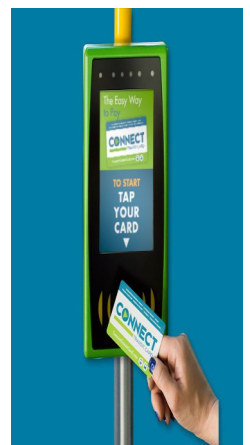
Port Authority ConnectCard

Monday, September 9th

9:30 to 11:00 am

Make sure to sign up in advance.

It will be first come, first serve based on the sign in sheet.



MONDAYS

8am-4pm Fitness Center Open

10am Games

10am-11am Line Dancing

12pm - Euchre Card Club

1pm - Crochet

Special MONDAYS

September 9th

9:30am -11am ConnectCard Bus Pass—get your picture taken for your new bus pass. Make sure to bring a photo id with you and sign up. This will be first come, first serve based on the sign-up sheet.

September 9th, 16th and 23rd

12pm—2pm CCAC Healthy Cooking class is beginning. Make sure to register for this class there is only room for 12 -15 participants.

Lauretta will be the instructor again! Come and join the fun!

TUESDAYS

8 am to 4 pm **Fitness Center Open**

9 am **Nickel Bingo**

12 pm **Poker 5/10**

12:30 pm **Bingo**



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Special Tuesdays

September 3rd

9:30 am—11:30 am CCAC Quilting Class. Deb Bailey teaches. Class will be held beginning on September 3rd and will continue until October 22, 2019.

10am—11 am - OSPTA-Come and join Jan who has important information about Physical Therapy. Snack will be provided.

September 10th

10am—11am Flu Clinic with Jen Rossman. Sign up to get your flu shot. Make sure to bring your insurance cards with you.

September 17th

10am -11am Clear Caption with Bill Drambel, who has important information about these phones for the hard of hearing members. Snack provided.

11:30 Special Lunch—Grilled Cheese, Tomato Soup and a drink, \$3 Sign up early so we have enough for everyone.

September 24th

10am-11am Come join us for this important information about Medicare. Ask questions and get answers. Snack will be provided.

WEDNESDAYS

8 am to 4 pm **Fitness Center Open**

9 am—11:30 am **Art Class**

9:30 am—11:30 am **CCAC Boost Your Brain**

10 am **Bridge**

12 pm **Games**



Special Wednesdays

September 4th **Book Club 10am to 11am**—Winter Garden by Kristin Hannah—Come and join the discussion about this book.

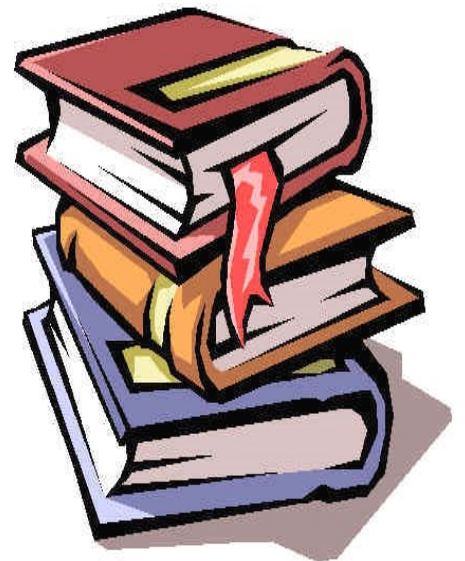
September 11th—Depart at 9am Return at 5pm Casino Trip to **Meadows** \$30 per person and receive \$20 Free Play and \$5 in food vouchers.

September 11th, 18th & 25th—1pm-2pm
CCAC Walking Wellness

September 18th **Card Club**—500 Bid

September 25th **Card Club**—500 Bid

September 25th - Bowl of Wedding Soup and Italian Bread \$2. Sign up so we have enough for everyone.



THURSDAYS

8 am - 4 pm - **Fitness Center Open**

9 am - 11:30 am - **Art Class**

10 am—CCAC Chair Exercise with Amy

12 pm - **Line Dancing**

Special Thursdays

September 5th & 19th - 12 pm—Poker 25/50

September 12th - 1 pm -Movie & Popcorn—Marley and Me

September 19th - 11:30 am -1:30 pm—Lunch Bunch Outing

—**Primanti Brothers—Mt Lebanon**

— OPT trip make sure to register and indicate whether you are driving or not.

September 19th- 11:30 am - 2 pm - Red Hats Luncheon

- **Portofino's**—513 West Main Street

Carnegie, PA 15106

September 26th - 1 pm -Movie & Popcorn—Max

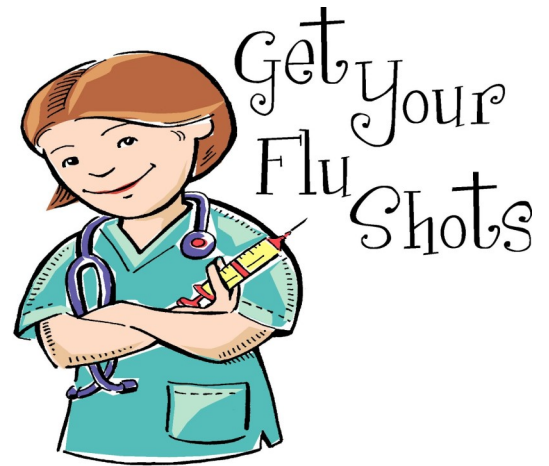


FRIDAYS

8 am to 4 pm **Fitness Center Open**

9 am **Nickel Bingo**

12:30 pm Bingo w/ stretch



Special Fridays

September 6th -10 am -Blood Pressure with Amanda

September 13th - 9:30 am—Card Club—Pinochle

September 13th - 10 am - 11 am—Brain Health with Alicia

September 20th —9 am—11 am—FLU CLINIC with Rite Aid

—Make sure to register early and bring your insurance cards

September 20th - 6pm-9 pm—DANCE—At Imperial Lifespan

—DJ—Ed will be playing line dancing songs, Country and 50's

September 27th— 9 am—11 am—Audiology with Nicole

—having your hearing checked

September 27th—10 am—Advisory Committee Meeting

